

Michigan Child Care Matters



Issue 70, Winter 2005
Winter Fun and Safety

FROM THE DIRECTOR

Writing new rules for child care facilities is a lengthy process. The Administrative Procedures Act specifies the steps necessary in the promulgation of an administrative rule. As we are currently reviewing both Family and Group Child Care Homes rules and Child Care Center rules, I thought it would be helpful for you to better understand the entire process for promulgating an administrative rule.

Prior to even beginning the process, OCAL submitted a "Request for Rulemaking" to the Department Director. It was approved and the request went to the Office of Regulatory Reform (ORR) for review and approval. Once this approval was obtained, advisory committees were convened to begin drafting proposed rule language.

Although not required by the Administrative Procedures Act, OCAL chose to involve a greater number of child advocates in the rule making process with "Public Forums." These forums have allowed the advisory committees to obtain input from child care providers, parents, and other interested parties. It is my hope that the additional input received via the public forums will assist the advisory committees draft rules that assure the safety and well being of children and promote higher quality child care.

Once the committees are satisfied with the proposed rule language, OCAL must submit a copy of the draft rules to ORR. After review of the draft rule language, ORR forwards the rules to the Legislative Services Bureau (LSB) for legal editing. LSB will then return the document to OCAL for needed corrections.

It is at this point in the promulgation process that OCAL will schedule public hearings on the rules. Public hearings will be scheduled in various locations throughout the state. Licensees will receive a letter from OCAL informing them of the dates and locations of the hearings. Notice of the public hearings will also be published in at least three newspapers of general

circulation. The comments received at the hearings will be transcribed by a court reporter.

The advisory committee will then review the public hearing transcription. Written commentary (letters/email) submitted by the public during the specified public comment period will also be reviewed. Requests for modifications will be reviewed to see if the suggested changes should be incorporated into the rules.

If there are no changes to the draft rules after the public commentary period, the rules are ready to move forward to LSB for formal certification. From there, LSB sends the rules to ORR for their formal certification.

While this certification is taking place, OCAL will prepare an Agency Report for the Joint Committee on Administrative Rules (JCAR). This contains a synopsis of the comments received at the public hearings and a description of any changes made to the rules as a result of public commentary. OCAL also submits copies of the draft rules to JCAR. They have the opportunity to review the rules and even hold a hearing. At the hearing, OCAL might be asked to explain the rationale for the rules.

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MICHIGAN FAMILY INDEPENDENCE AGENCY



Family Independence Services
Child Development and Care

and

Office of Children and Adult Licensing
Division of Child Day Care Licensing



This publication provides topical information regarding young children who are cared for in licensed child care settings. We encourage child care providers to make this publication available to parents of children in care, or to provide them with the web address so they may receive their own copy. Issue 43 and beyond are available on the Internet. **This document is in the public domain and we encourage reprinting.**

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OUTDOOR PLAY

*Sharon Schleicher, Day Care Licensing Consultant
Washtenaw County*

Outdoor play is essential to a child's physical, social, emotional, and cognitive (intellectual) development. Outdoor play is very different from indoor play. The outdoor environment permits noise, movement and greater freedom with raw materials, such as water, sand, dirt, and construction materials.

Many children have limited space at home and may not have access to a playground so the opportunity to play outside at day care or school is vital.

Today's children are spending less time outdoors due to dependency on television viewing and computer games. Parent's worry about safety concerns and crime has influenced the amount of time children spend outdoors.

There is an alarming trend among public school districts eliminating recess claiming it is a waste of time better spent on academics, that playground injuries promote lawsuits, that there is a shortage of teachers and volunteers willing to supervise play activities. School recess is often the only time during the workweek that young children are able to be carefree and expand their imagination.

Benefits of outdoor play

- Outdoor play relieves stress and reduces anxiety
- Physical activity increases physical strength and coordination.
- Physical movement increases self-confidence and competence is developed
- Leadership skills are developed
- Opportunities to play cooperatively, taking turns, share and solve problems with other children
- An awareness of environmental surroundings and appreciation of nature

Health benefits of outdoor play

- Playing outdoors in cold weather does not cause illness in children. Colds, flu and illness are caused by viruses and bacteria. Children confined in warm, stuffy rooms with several other children have greater exposure to germs causing sickness.
- Frequent exposure to fresh air, exercise and sunshine increases a child's general fitness and resistance to infections.
- During active play outdoors, the viruses and bacteria are dispersed into a larger, more mobile air space **decreasing** the risk of spread to others.
- Physical activity increases the air exchange in children's lungs and improves blood flow through the body giving germs shorter contact with respiratory surfaces.
- The number of obese children are increasing putting them at a higher risk for developing heart disease by the time they reach their thirties.

(Continued on page 6.)

LICENSING SAYS: GET THOSE KIDS OUTSIDE

*Dalerie Jones. Day Care Licensing Consultant
Wayne County*

Licensing rules for child care homes and centers require daily outdoor play for enrolled children. Providers often call their licensing consultant with concerns about a parent who doesn't want their child to spend time outdoors, especially during the winter. With few exceptions, children need daily outdoor play.

A child's age and health will also impact on decisions for outdoor time. An older, healthy child may spend a longer period of time outdoors than an infant or a child with a health problem. However, unless a parent provides a written doctor's order for a child to be kept inside, all children, regardless of their age, should be taken outside for some period of time during the day. Recent studies have found that children who go outside, even during cold weather, tend to have fewer incidences of respiratory illness. Time spent in the outdoors actually seems to help children stay well.

When the wind chill is in the *Very Cold*, *Bitter Cold*, or *Extreme Cold* range, children may be in danger in unprotected outdoor play areas. The younger and less verbal child may be more at risk during cold weather, as he cannot effectively communicate some of the early signs of frostbite or hypothermia. Time limits should be in place for outside play during cold weather. Good judgment should be used to determine whether children should be playing outside during any bad weather with the understanding of the risks during snow squalls, heavy blowing snow, blizzards, sleet, and freezing rain.

In any type of weather providers must assure that children are dressed appropriately for the weather conditions. Children should wear layers of loose fitting, lightweight, warm clothing. Layers can be removed or loosened to avoid overheating, perspiration, and subsequent wind chill effects. Low body temperatures can occur if a child is overdressed with clothing that allows no room for ventilation. A child should always wear a hat as half the body heat loss can be from the head area. A scarf over the nose and mouth area provides protection against cold weather effects on the child's lungs. Mittens that are snug at the wrist are better than gloves.

Some parents, reluctant to have their children spend time outdoors during the winter, may sabotage your efforts for outdoor play by failing to provide the appropriate clothing. Providers can meet this challenge by having a supply of used winter hats, mittens, snow pants and boots available for children to "borrow."

Outside playground equipment is also susceptible to temperature extremes. Metal may fatigue and plastic may crack in very cold weather usage. It is important to routinely check equipment for signs of fatigue and replace or place off limits, as appropriate. Children should not use outdoor play equipment that is covered with ice. Some equipment is easily covered with tarps or plastic to protect against ice and snow build up. There are certain times when it would be appropriate to call your equipment "off limits" to children during outdoor play. Outdoor play areas should be kept clear from excess snow to ensure freedom of movement for children in care.

Many factors related to outdoor play need to be considered by the caregiver. In the long run, children will be happier, healthier, rest better and have fewer incidences of disagreements when they have the opportunity to experience a part of their day in the Great Outdoors!

This article was reprinted from previous articles submitted by Diane Gillham and Tom Denleavy. ❖



FUN WITH SNOW

Mary Pat Jennings, Day Care Licensing Consultant
Midland County

"The sky is low, the clouds are mean." This first line from Emily Dickinson's poem, *White* could be a description of winter in Michigan. Licensing rules for both homes and full day centers require daily outdoor play, but what do you do during those dark winter days when no one wants to go outside? Be creative. Use weatherproof inside toys and materials in addition to your traditional outdoor winter toys to make cold weather outdoor play fun.

- Go sledding if you are fortunate enough to have a small hill. When more than two or three children are present, remember to help them sled safely by designating sliding down and walking up zones. You can help your children remember which zone is which by color-coding the areas with a spray of colored water. Just add a little food coloring to squirt bottles and make a line of one color where children slide down, and a line of a second color where children are to walk back up the hill. Remember that preschool age children can have fun on very small hills. If you can deposit all of your plowed snow in a safe sliding place, the resulting snow mound will provide hours of fun.
- Bring out your sand pails and shovels. Children can dig and dump snow instead of sand.
- Play ball. Beach balls work well in the snow because they will not sink below the surface. The bright colors make them easy to see on a white background.
- Buy plastic swim rings during the end of summer sales and use them for snow toys. Little ones can sit or belly flop in the rings and scoot across the snow or even slide down hills.
- Roll coffee cans or other cylindrical containers through the snow to make roads for big, wide wheeled plastic trucks.
- Use bread pans and small cardboard boxes to make snow bricks. Older children will be able to build walls with the bricks.
- Make paths in the snow and play follow the leader, or walk shapes in the snow, and follow along the shapes. If you have school age children, make a Mandela shape in the snow and teach them to play fox and geese.
- Make snow angels and draw shapes in the snow. Try painting the shapes using paintbrushes dipped in water tinted with food coloring, or use spray bottles filled with colored water.
- Teach children how to roll snowballs when the snow is good for packing. Older children can use them to make snow people. Snowballs and snow people can be painted with tinted water.
- Take a winter walk and look for animal tracks in the snow.
- Mold snow "cakes" with real cake pans. The cakes can be decorated with pinecones, twigs or pebbles, or turned into birthday cakes with twig candles.



Remember that often, the best times outdoors are unplanned. Follow the children and joyfully run, roll, slide and play in our beautiful Michigan snow!❖

WHO YA GONNA CALL

*Elaine Rauch, Licensing Consultant
Genesee County*

There are not a lot of things more frustrating than calling a phone number only to be told to call another number, and then, even that one's not right. Hopefully this list will help eliminate some of those bouncing phone calls for you.

If you need DAY CARE FORMS, download them from the computer at www.michigan.gov/fia.com - go to licensing - go to child day care – go to forms or call (866) 685-0006.

Questions related to Day Care Licensing Rules – Call your Licensing Consultant. Below is a list of all the area offices and the counties they serve:

Ann Arbor Office: (734) 655-4740
Lenawee, Monroe and Washtenaw.

Bloomfield Hills Office: (248) 975-5051
Oakland.

Clinton Township Office: (586) 412-6800
Macomb and St. Clair.

Detroit Office: (313) 456-0380
Wayne

Flint Office: (810) 760-2598
Genesee, Lapeer, Livingston, Sanilac and Shiawassee.

Grand Rapids Office: (616) 356-0100
Allegan, Ionia, Kent, Montcalm, Muskegon, Newago, Oceana and Ottawa.

Jackson Office: (517) 780-7159
Branch, Calhoun, Hillsdale and Jackson.

Kalamazoo Office: (269) 337-5066
Barry, Berrien, Cass, Kalamazoo, St. Joseph and VanBuren.

Lansing Office: (517) 335-6124
Clinton, Eaton and Ingham.

Marquette/Esanaba Offices: Marquette (906) 228-0781, Escanaba (906) 789-4604
Alger, Baraga, Chippewa, Delta, Dickinson, Gogebic, Houghton, Iron, Keweenaw, Luce, Mackinac, Marquette, Ontonagon and Schoolcraft.

Midland Office: (989) 839-1144
Gratiot, Isabella and Mecosta.

Saginaw Office: (989) 758-1987
Alcona, Arenac, Bay, Clare, Gladwin, Huron, Iosco, Midland, Ogemaw, Oscoda, Saginaw, & Tuscola

Traverse City Office: (231) 922-5391 or (231) 922-5309
Alpena, Antrim, Benzie, Charlevoix, Cheboygan, Crawford, Emmet, Grand. Traverse, Kalkaska, Lake, Leelanau, Manistee, Mason, Missaukee, Montmorency, Osceola, Otsego, Presque Isle, Roscommon, & Wexford.

Call you local 4C office regarding conferences, grants and local training that may be available.

Complaints or Conferences: (866) 856-0126

**Please Note: If you are changing the type of day care license you have; i.e., Group to Family or Family to Group, your FIA Billing will be affected. You may want to notify the parent's payment worker and inform them of the change. You will need to give them your new license number.*

Hopefully this will help give you some directions in getting the answers you need without having to make multiple phone calls to get to the right source. ❖

From The Director from page 1

After the rules are approved by JCAR, they are filed with the Michigan Department of State, Office of the Great Seal. Rules become effective seven days after filing, unless a later date is indicated in the rules.

I will keep you informed of the status of the proposed rules.

Jim Sinnamon, Director
Division of Child Day Care Licensing

Outdoor Play from page 2**Role of the Facilitator**

- Facilitator-supported experiences are used to give children “warm up” activities such as Hokey Pokey and Head and Shoulders. This promotes muscle and motor development, and contributes to the children feeling psychologically secure.
- Child-initiated exploration refers to activities led by the child depending on the child's interest. Outdoor child-initiated play increases children's powers of

observation and their ability to build on their observations. Self-directed fantasy play in the yard is an essential feature in young children's cognitive and psychosocial development.

Research Finds

- Physical activity improves children's attentiveness and decreases restlessness.
- Children play outdoors less often than they did a generation ago.
- 33% of today's kids participate in hopscotch, jump rope, and a variety of street games compared to 85% of their moms when they were children.

Resources:

Research Finds Decline in Outdoor Play, Education Update Online Clements Rhonda June 2003.

The Importance of Outdoor Play, National Association for the Education of Young Children.

Outdoor Play in Winter Weather, Inside Child Care Winter 2001.

Opening the Door to the Outdoors, Canadian Child Care Federation, B. Dietze and B. Crossley❖

PROFESSIONAL DEVELOPMENT OPPORTUNITIES

January 26, 2005 – Ann Arbor, Michigan

Love and Logic Workshop presented by Washtenaw County AEYC Contact Carolyn Tyson at Ttyson983@aol.com, or Linda Coon at lc@childcarenetwork.org.

January 26-28, 2005 – Dearborn, Michigan

Michigan Collaborative Early Childhood Conference

Co-sponsored by Michigan Department of Education and MiAEYC.

Contact MiAEYC at (517) 336-9700 for information.

February 3, 2005 – Ann Arbor, Michigan

Understanding Autism workshop presented by Washtenaw County AEYC.

Contact Carolyn Tyson at Ttyson8983@aol.com, or Linda Coon at lc@childcarenetwork.org.

February 12, 2005 – Lansing, Michigan

Coming Together for Children sponsored by Central Michigan AEYC, Lansing Community College and the Office for Young Children
Contact Mary at (517) 483-1429.

February 12-16, 2005 – Chicago, Illinois

The Association of Teacher Educators: 2005 Annual Meeting

Passion, Courage, Wisdom: Attaining Excellence in Education for All Learners.

Contact (703) 620-3110, email ATE1@aol.com, or visit www.atel.org/teampublish/1206172381.cfm.

February 24, 2005 – Lansing, Michigan

Child Care is Everyone's Business Michigan Public Policy Conference on Early Childhood Care & Education

Contact <http://www.mi4c.org>.

March 1, 2005 – Ann Arbor, Michigan

Multicultural Literature Workshop presented by Washtenaw County AEYC.

For information contact Carolyn Tyson at Ttyson8983@aol.com, or Linda Coon at lc@childcarenetwork.org.

March 4, 2005 – Ypsilanti, Michigan

Power of Positive Parenting: convincing Kids to do the Right Thing

For information contact Carolyn Tyson at Ttyson8983@aol.com, or Linda Coon at lc@childcarenetwork.org.

BUT BABY IT'S COLD OUTSIDE

*Judy Miller, Licensing Consultant
Kent County*

For some of us the long, cold, dark days of winter are almost unbearable. Just like adults, children can get bored and cranky if they are cooped up too much. What to do? You could treat the winter months as a natural science laboratory that can provide many opportunities for learning activities. Just think of all the vocabulary you can teach the children! Some winter words are freezing, melting, ice, snow crystals, and water vapor (when you see your breath).

Here are some simple winter science activities:

Ice Block Designs

Children observe how salt melts ice and create colorful designs in large blocks of ice.

Materials: Large ice blocks made by freezing water in empty $\frac{1}{2}$ gallon cardboard milk or juice containers. When the water is completely frozen, tear off the cardboard container. Coarse salt, Food coloring, Eye droppers .

1. Place ice blocks on trays covered with several layers of newspaper.
2. Children sprinkle coarse salt on top of the ice blocks.
3. Children drip various colors of food coloring on top of the ice block.
4. Tunnels of color are created as the salt melts through the ice block.
5. Put the colorful ice blocks outside. If it's cold enough, they should stay frozen for several days. Children can continue to examine the melting process during outdoor play.

If possible, give each child his or her own block of ice.



Melting Experiment #1

You will need:

Paper cups and plates, plastic containers, aluminum foil, plastic wrap, cloth scraps, spoons, sand, paper, crayons and ice cubes.

Show children a tray of ice and ask them to think of different ways to melt each cube. Make a list of the methods they suggest and ask youngsters to predict which method will make the ice cube melt the fastest and/or slowest. If needed give these examples, place an ice cube in a container filled with cold water; one with hot water; another in sand, or snow (if available).

Children may enjoy wrapping the ice cubes in different materials and predicting which cubes will melt the fastest. You can use aluminum foil, plastic wrap and cloth. Remember to write the youngsters predictions down, do the experiment, and then refer back to what children had thought would happen. Talk about which cubes melted the fastest and record the results under the predictions.

Melting Experiment #2

You will need: The same materials as in Melting Experiment #1.

Help children experiment with ice cubes by placing the cubes (or snowballs if available) in various places around the classroom or home. Ask children to predict which ice cube will melt the fastest, considering where it is placed. Cubes can be placed in sunny windows, a dark closet, out side of a window, near a heater etc. Permit youngsters to offer their suggestions.

Make a list or chart of the predictions, and then test your theories by encouraging children to check on the various areas every few minutes. When the results are in, record the findings on the list or chart. Encourage children to express opinions about why a particular cube melted the fastest and why another melted the slowest.

Snowflakes

Need: Magnifying glass, Cardboard, dark colored felt (black is best), access to a freezer, and a snowy day.

When it snows, let the children examine snowflakes with a magnifying glass. The best way to catch snowflakes is to wrap some black felt on a piece of cardboard. Place the felt board in the freezer for a bit. (Snowflakes will last longer when they are caught on a

(Continued on page 10.)

COLD WEATHER CALISTHENICS: PREVENTING OBESITY

*Jackie Sharkey, Licensing Consultant
Macomb County*

When the snow is piled up to the windowsills and the temperature is 5 degrees below zero, the children in care are stuck inside. Sometimes there are so many days like this that it is weeks before the children can go outside and play. This doesn't mean they can't get the physical exercise that is so important for their well-being.

Obesity among Americans has become a serious issue, children and adolescents included. Consequences of childhood obesity often continue into adulthood. Although genetics may be a cause for obesity, most causes are modifiable. One of the most obvious causes is a lack of physical activity.

Since many children are in a childcare program for much of their week, caregivers have the best opportunity to be positive role models for health. It is important to provide an environment that promotes physical activity habits. Caregivers can accomplish this by:

- ✓ Providing daily physical activity and health education
- ✓ Supplying varied equipment and adequate supervision to meet the needs and interests of all children
- ✓ Having access to safe spaces and facilities for physical activity and to implement measures to prevent activity related injuries and illnesses
- ✓ Allowing time for unstructured physical activity
- ✓ Discouraging the practice of withholding physical activity as a disciplinary measure
- ✓ Emphasizing lifetime physical activities such as walking and dancing, not just competitive sports
- ✓ Encouraging parents to be physically active role models
- ✓ Evaluating physical activity instruction on a regular basis.

Healthy habits can begin
at a very early age.
Even babies need to exercise...

Healthy habits can begin at a very early age. Even babies need to exercise and have the chance to freely explore the world around them. Provide rattles and other toys for baby to reach for and grasp. Encourage self-produced locomotion such as rolling over, crawling, pulling up and walking by placing the child on the floor.

Toddlers should engage in at least 30 minutes of daily structured physical activity. Preschool children need at least 60 minutes of daily structured physical activity. Both age groups should be allowed at least 60 minutes and up to several hours of daily-unstructured physical activity and should not be sedentary for more than 60 minutes at a time except when sleeping.

Children between 5 and 12 years old should have a minimum of one hour of moderate and/or vigorous activity every day.

Indoor physical activity can be accomplished in many creative ways. The following is a short list of ideas to get and keep children moving:

- Children enjoy playing Simon Says. Select body parts that encourage stretching.
- Dancing is a very active and fun way to get children moving. Have all types of music and let the children decide what they would like to hear. Show them simple steps if possible and encourage them to create their own. Add streamers or pom poms to get children to really exercise their arms.

(Continued on page 11.)

WINTER HEALTH AND SAFETY PRACTICES

*Erika Bigelow, Licensing Consultant
Jackson County*

Though winter is a time of exciting and enriching outdoor play, it can also be a time of increased illness for the children in care. It is vital during this time of year to take extra precautions to ensure the cleanliness of your home, in addition to the cleanliness of those people in your home. Below are tips for maintaining the health and overall safety of your children in care.

- ♦ **Open windows after all the children have left allowing fresh air to circulate.**
- ♦ **Ensure that both you and the children are washing hands regularly.**

Information from the Division of Environmental Health, Michigan Department of Public Health "Let's Keep It Clean! Maintaining a Healthy Environment for Children," provides the following information on hand washing:

- Wash children's hands with soap and running water when:
 - Their hands are dirty
 - They have used the toilet
 - They have sneezed or blown their nose
 - They are preparing or eating food
- Wash your hands when:
 - You are preparing or eating food
 - You have used the toilet
 - You handled diapers, soiled clothing, toilets, potty chairs, or a sick child
 - You are preparing to feed an infant

The Michigan Department of Public Health recommends the use of single use paper towels or other approved hand drying devices as opposed to cloth towels which can be used by more than one person. Cloth towels can be a method of spreading illness.

- ♦ **Clean and sanitize surfaces and articles used by children.**

The Technical Assistance series provided by OCAL lists the following recommendations for cleaning and sanitizing:

- Wash the surface or article vigorously with warm water and detergent.
- Rinse the surface with clean water.

- Submerge, wipe or spray the surface or article with a solution of one (1) tablespoon of chlorine bleach in one (1) gallon of warm water.
- Let the article or surface air or sun dry.
- All stuffed toys and dress-up clothing should either be laundered in HOT water or discarded when soiled by children.

The Michigan Department of Public Health recommends the following for sanitizing:

- Sanitize articles and surfaces daily if infants and toddlers are in the home or center, paying special attention to those articles that have been in contact with the child's mouth.
- Wash, rinse, and sanitize all other toys and surfaces when visibly dirty or contaminated with vomit, feces, urine, nasal discharge, etc.
- Develop a cleaning schedule for items.
- If carpeting is present in the areas used by infants and toddlers, vacuum daily and wash quarterly using the extraction method.
- Clean absorbent items used by infants weekly, and at least every two weeks when used by toddlers.
- Clean absorbent items when visibly dirty or contaminated with feces or vomit.

- ♦ **Develop and adhere to your sick child policy**

The Technical Assistance Series provided by OCAL provides the following recommendations regarding a child who becomes ill while in care:

- Assure that the ill child is separated enough from the well children to prevent further spreading of the illness.
- Assure that the ill child is adequately supervised.
- Sanitize all items used by an ill child.
- Provide parents with a copy of your sick child policy.

OCAL provides BRS Publication 111, Communicable Diseases, on its website. ❖

FIA CUSTOMER SERVICE

*Kathi Pioszak, Departmental Analyst
Child Development and Care*

Child Day Care Provider Toll Line Assistance

Payment Information
1-800-444-5364

Monday - Friday
7:30 a.m. - 5:15 p.m.

Day Care Billing Instruction
1-888-281-3172

Monday - Friday
8:00 a.m. - 5:15 p.m.

Here's what we can do for you!

Payment Information

- Authorization Inquiries
- Payment Inquiries
- Billing Inquiries - Touch Tone/Internet
- Address Change Inquiries/Referrals
- Internet Billing Password Inquiries
- Direct Deposit (EFT) Inquiries
- PIN Re-set for Touch Tone Billing
- Child Day Care 1099 Replacement/Correction

Day Care Billing Instruction

- Training for Touch Tone Billing
- Authorization Inquiries
- Payment Inquiries
- Billing Inquiries
- Address Change Inquiries/Referral

SPECIAL NOTES:

- Please remember to allow 5 business days for checks to arrive. During a holiday week checks can be delayed an additional 2 to 3 days.
- If you are a new provider, you will not receive a PIN for billing until the parent's FIA Specialist enters authorization dates for you. Please allow 5 to 7 business days for your PIN to arrive.
- Requests for prior year payments histories must be submitted in writing. Include the 7 digit provider number, tax ID (SS# or Fed. #), requested year, the address or fax number you want the information to be sent to, and your signature. These requests can be faxed to (517) 335-6054 or mailed to Customer Services - FIA, P.O. Box 30037, Lansing, MI 48909. Please allow 5 to 7 business days for processing.❖

Baby It's Cold Outside from page 7

cloth board.) Then go out side when it is snowing and place the board where it will get snowed on. Help the children observe the snowflakes and how each is unique. Remember no two snowflakes are alike.

Make A Snow Gauge

Take an old clear plastic soda pop bottle (2 liter size is good) and cut off the top half. Mark the outside in centimeters or inches with a permanent laundry marker and place it outside in a place where it can collect the falling snow.

Expanding Water

Did you know that water expands when it freezes? Take two identical clear plastic or glass containers and fill them (about ¾ full) with the same amount of water. Mark the water level on each container with a permanent laundry marker. Place one container in the freezer and leave the other one out at room temperature. When the water in the freezer container is completely frozen, compare the level of the water to the level of the ice.❖

Cold Weather Calisthenics: Preventing Obesity from page 8

Circle Time is a good time to engage all the children in physical play at the same time. Try these simple ideas:

- | | |
|---|--|
| <ul style="list-style-type: none"> ➤ Walking Walk slowly or quickly about in space Walk in a circle, square, triangle, etc. Walk forwards and backwards Walk on heels or tiptoes Walk lightly or heavily Walk sadly, happily or angrily Walk with a beanbag on child's head | <ul style="list-style-type: none"> Jumping Jump in place Jump with feet apart or together Jump in different directions Jump to rhythm Jump onto a piece of paper on the floor or give the children a beanbag and have them toss it on a certain color of paper and then jump to that color |
|---|--|

You may want to combine reading with physical activities.

Snowballs by Lois Ehlert, c. 1995, Harcourt Brace & Company

Summary: Some children create a family out of snow and items they saved.

- Activities: 1. Snowball Toss – children throw paper snowballs through hoops
 2. Large Snowball Roll – Children stuff a large garbage bag with paper and form a circle to roll the ball to one another.
 3. Hat and Mitten Relay – Children take turns in teams putting on items and running to a goal.

Today I Feel Silly & Other Moods That Make My Day by Jamie Lee Curtis, c 1998

Joanna Cotler Books/Harper Collins Publishers

Summary: A child's emotions range from silliness to anger to excitement, coloring and changing each day.

- Activities: 1. Silly relay race – Hoppity Hop race or dress up race
 2. Happy and Sad ball – Happy balls bounce, sad balls roll

There are many, many creative ways to include indoor physical activities for the children. Getting involved in the children's physical activity routine early in life will assist them in adopting healthy habits for a lifetime.

Resources: www.fitness.gov

Jump & Shout, Inc., (248) 666-5371 ❖

CONSUMER PRODUCT SAFETY COMMISSION

Infant/Child Product Recalls (not including toys)

The recalls below have been added since the last issue:

- PlayKids USA, Inc. of Brooklyn, N.Y. Recall baby Walkers
- Regal Lager Recall to Repair "Baby Björn" Infant Carriers
- Playword Systems Inc. Recall to Repair Swing Sets
- Dorel Juvenile Group USA Recall to Inspect and Replace COSCO® "Rock 'N Roller" Baby Strollers
- Dream On Me Industries Recall of Baby Walkers
- Backyard Products Recall of Swings
- Federal Government Warns of "Hidden Hazard" to Young Children Old Window Coverings Pose Strangulation Risk
- CPSC Warns Parents About Chocking Hazards to Young Children; Announces New Recall of Toys Posing Chocking Hazards

Details on these product recalls may be obtained on the Consumer Product Safety Commission's website: www.cpsc.gov

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